

DON'T WASTE FOOD SOUTH CAROLINA!



Featuring
**ROMY
TOMATO!**



Learn About
PREVENTING WASTED FOOD
at Home

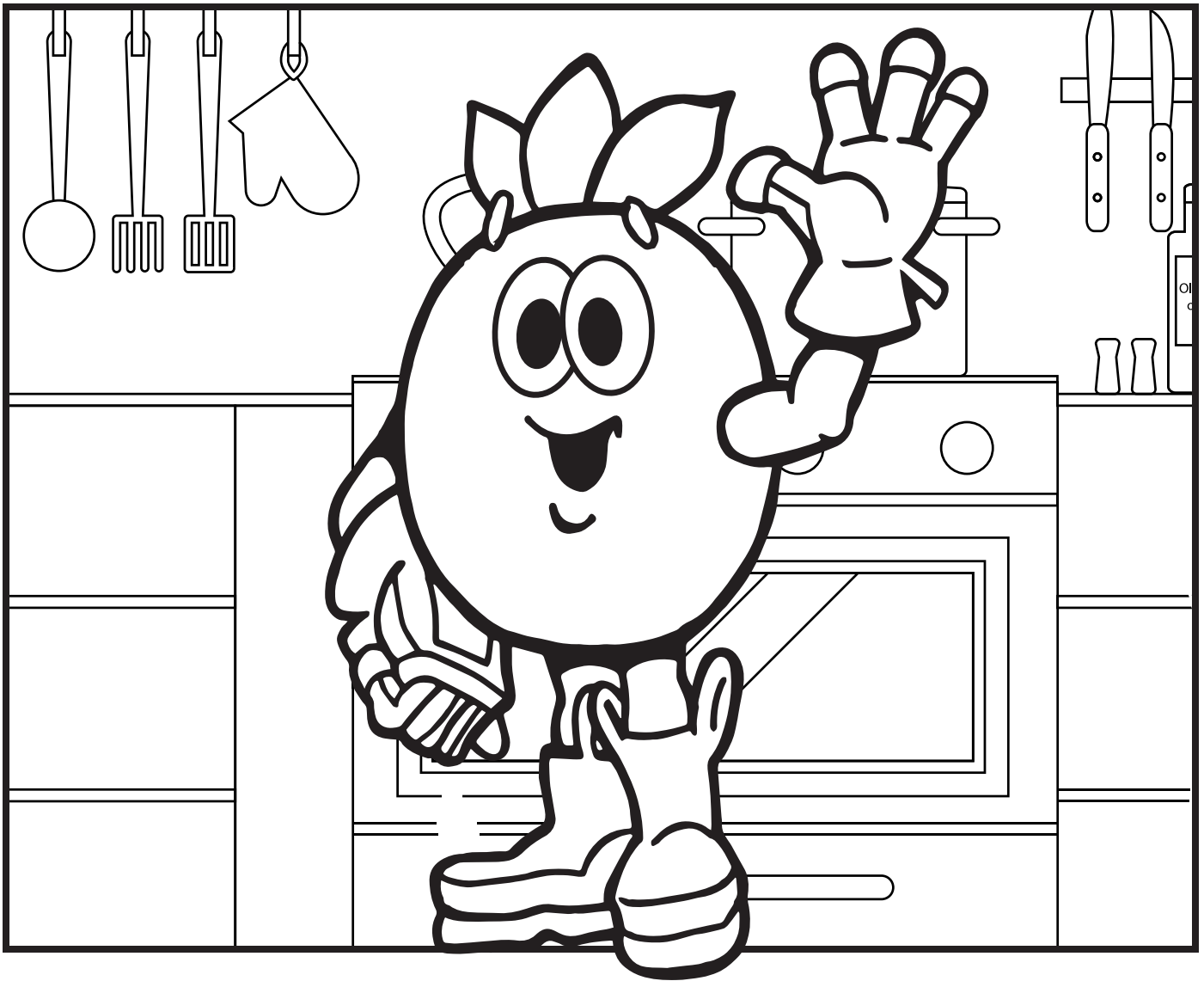
DON'T WASTE FOOD SC

Learn About Preventing Wasted Food at Home

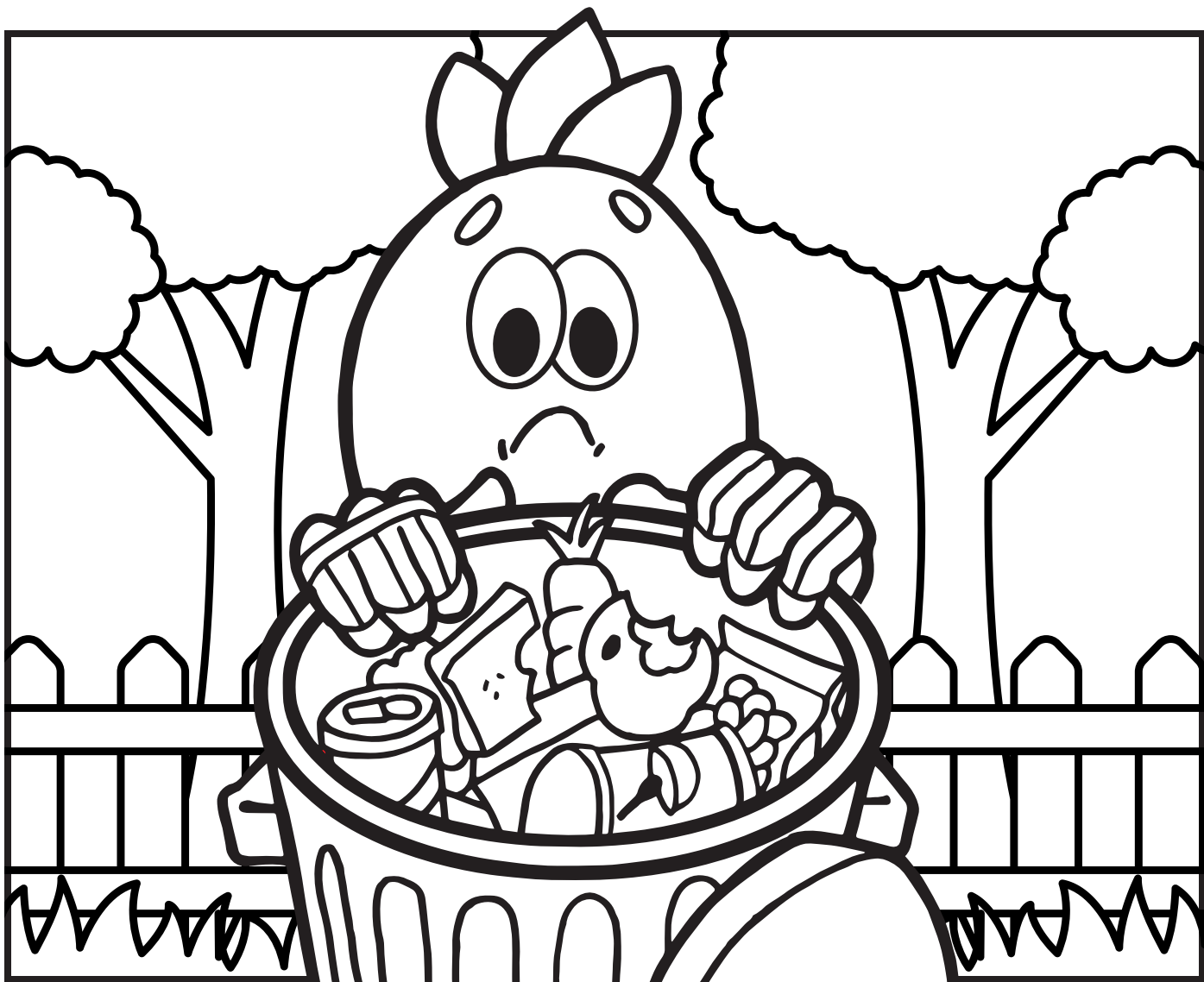
An Original Story
from the S.C. Department of Health and Environmental Control's
Office of Solid Waste Reduction and Recycling

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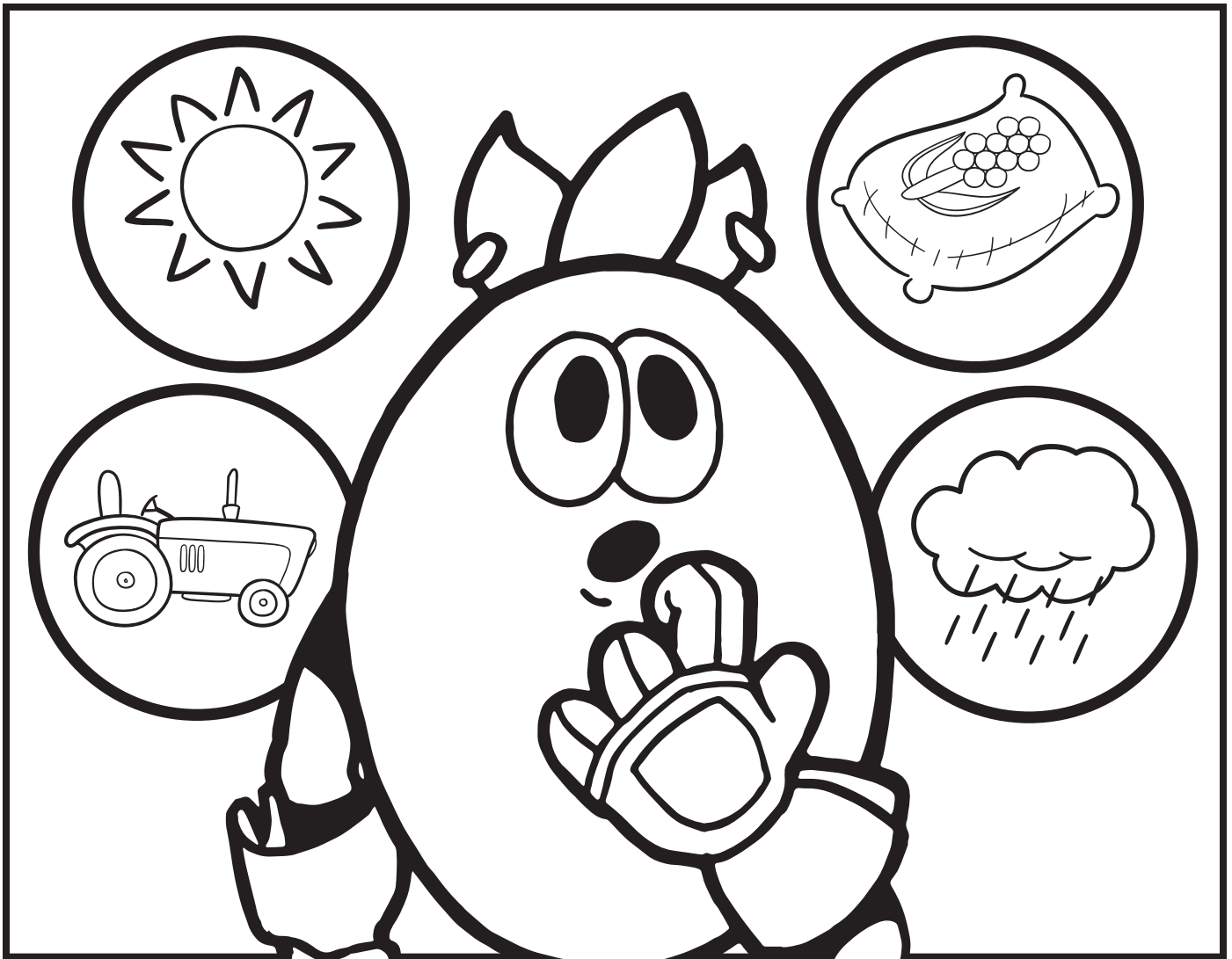




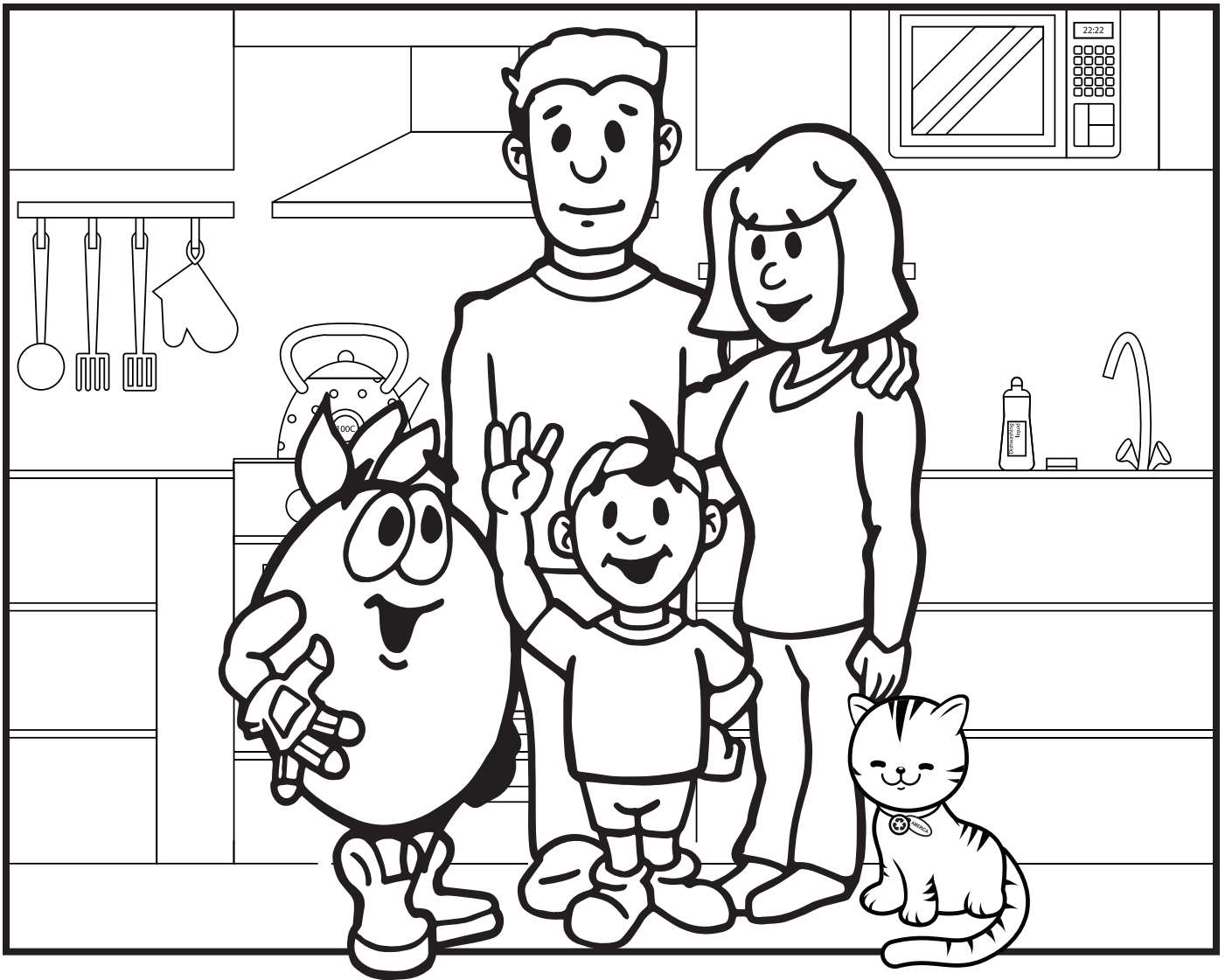
"Hi! I'm Romy - the Official Spokes-tomato
of Don't Waste Food South Carolina!"



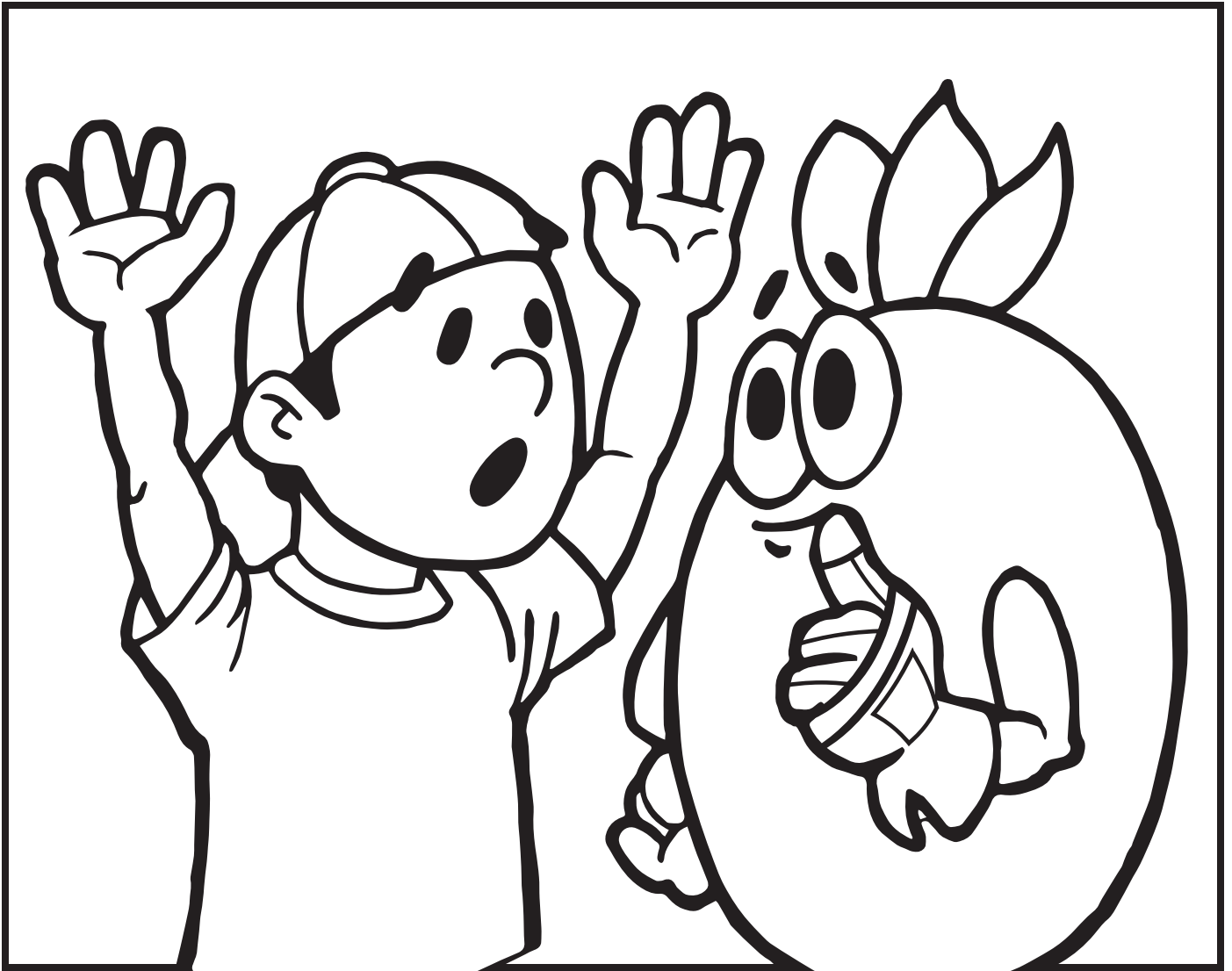
"Wasted food is a **BIG** issue. It's the number one thing we throw away. In fact, about **40 PERCENT** of the food produced is never eaten."



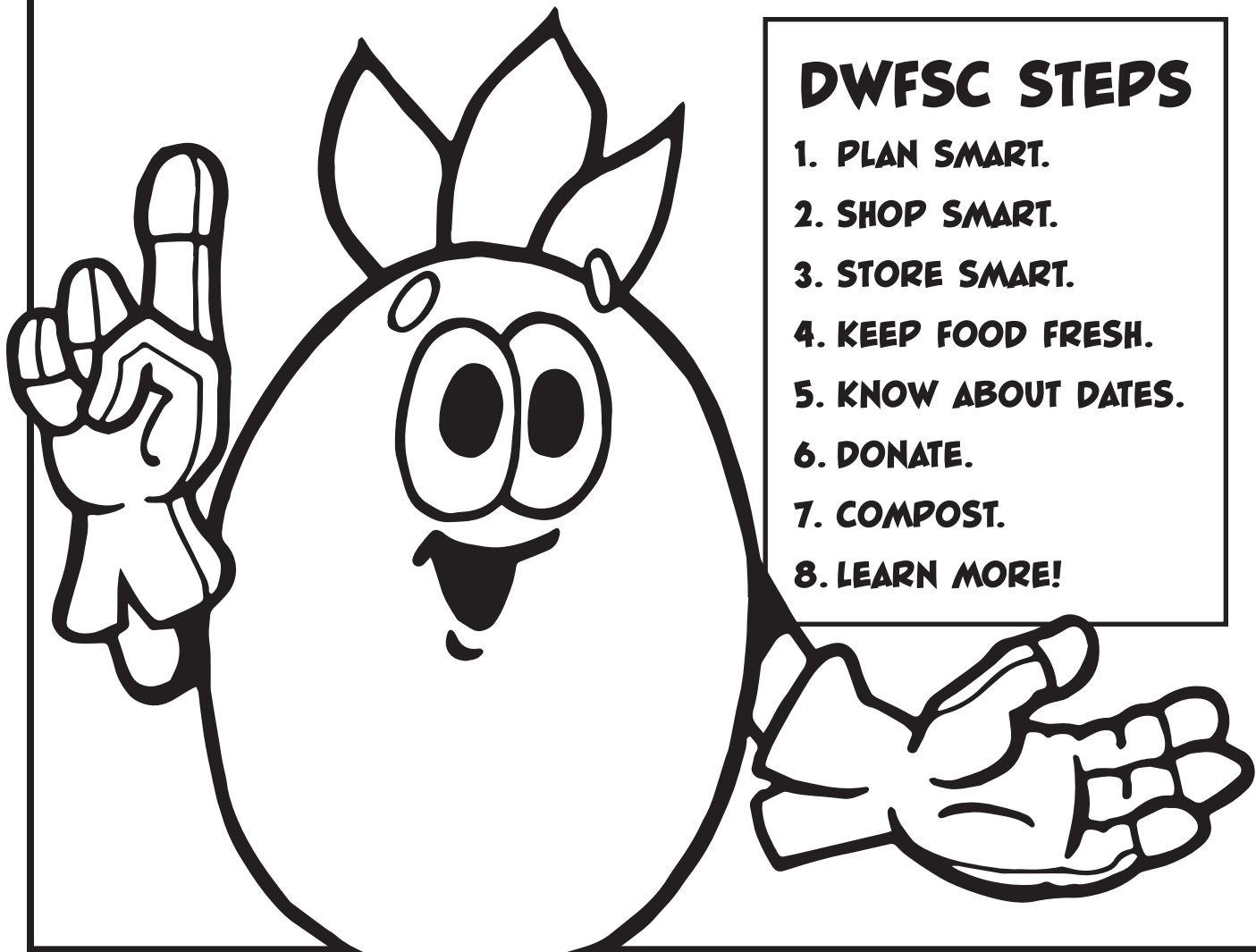
"Not only is all that food wasted, so are all the resources used to produce it," said Romy. "We also waste the chance to help feed people who don't have enough to eat."



"That's why I'm visiting with Emmett and his Mom and Dad to tell them what they can do at home to reduce wasted food. It's a good place to start because most wasted food happens at home."



"I know Dad says we throw away money when we throw away food,"
said Emmett. "What can we do?"



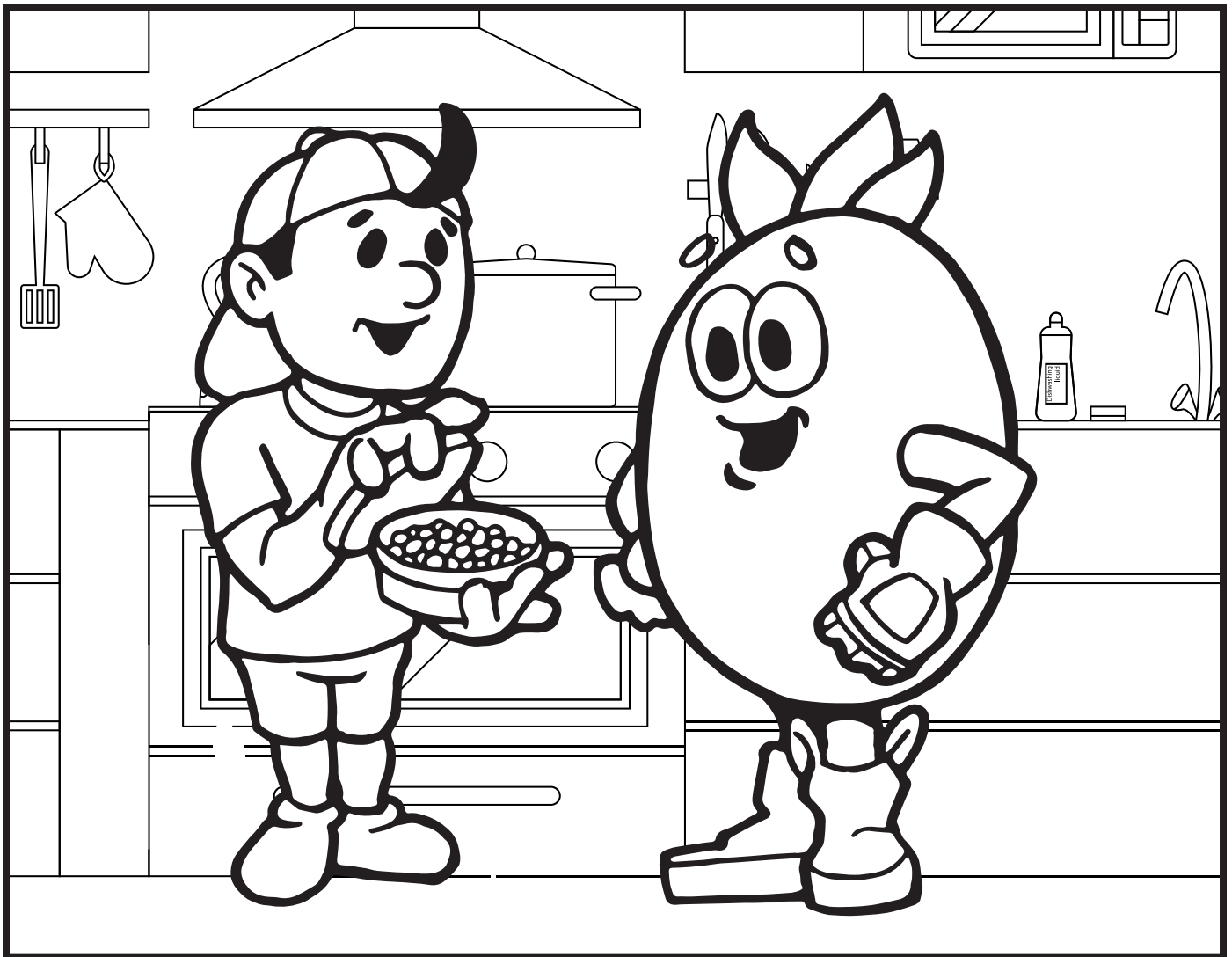
DWFSC STEPS

- 1. PLAN SMART.**
- 2. SHOP SMART.**
- 3. STORE SMART.**
- 4. KEEP FOOD FRESH.**
- 5. KNOW ABOUT DATES.**
- 6. DONATE.**
- 7. COMPOST.**
- 8. LEARN MORE!**

"Here are some simple things you can do at home to reduce wasted food or keep it out of the landfill."



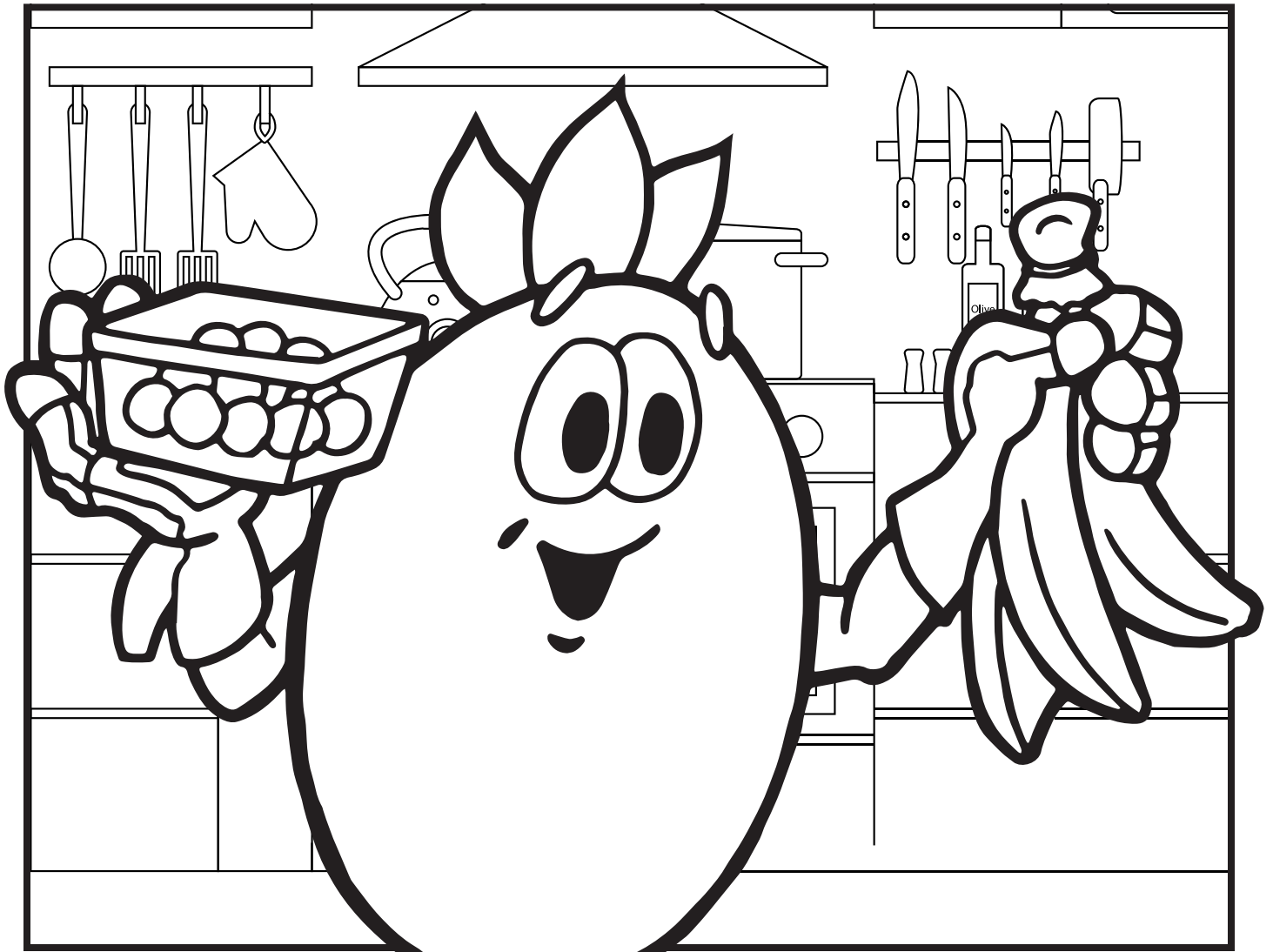
"PLAN SMART! Before going to the grocery store, plan meals and make a list of what you need. Then shop your refrigerator and pantry to avoid buying what you already have."



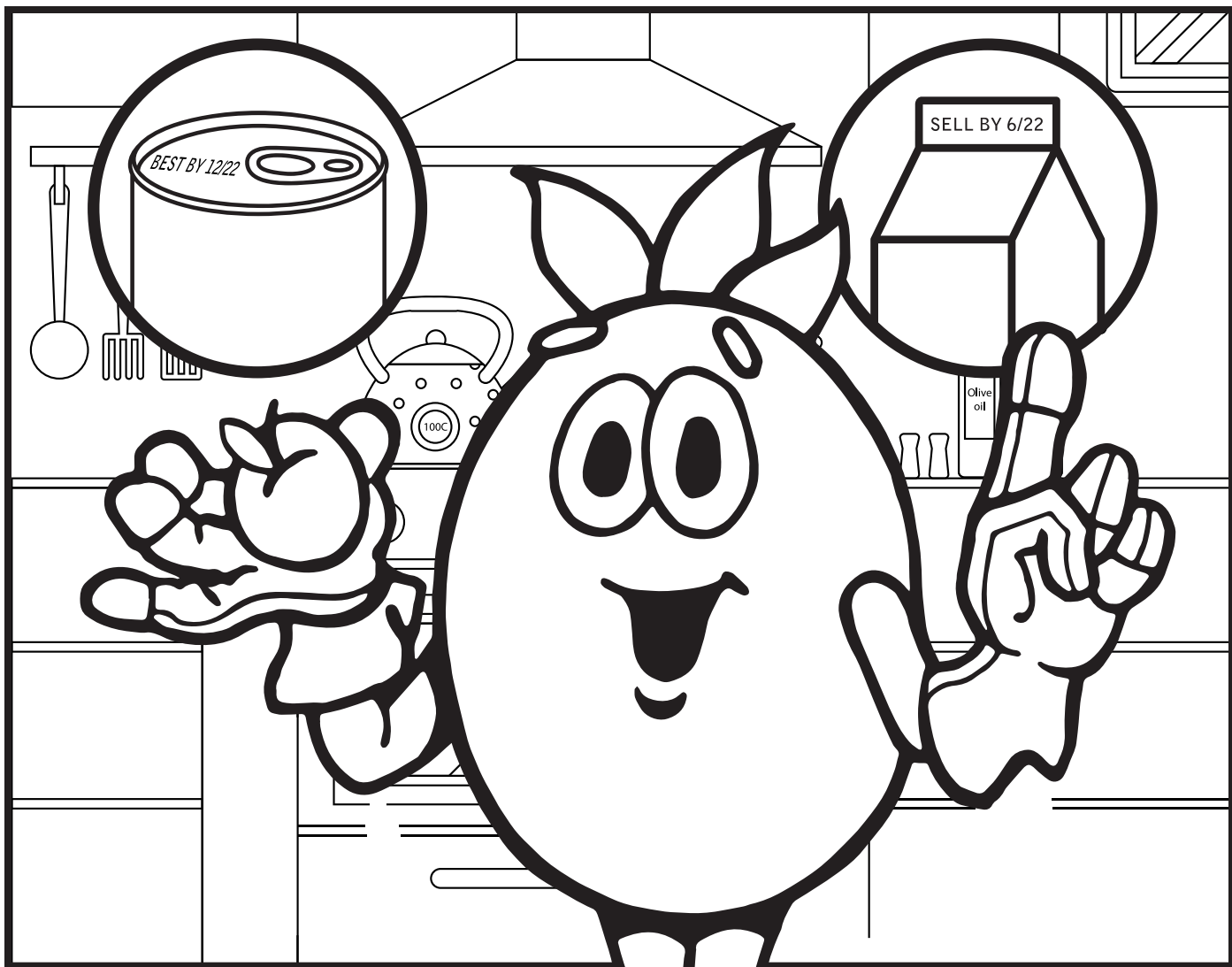
"SHOP SMART. Buy only what you need. Eat what you buy,"
said Romy. "That includes leftovers, right?" asked Emmett.
"That's right," answered Romy.



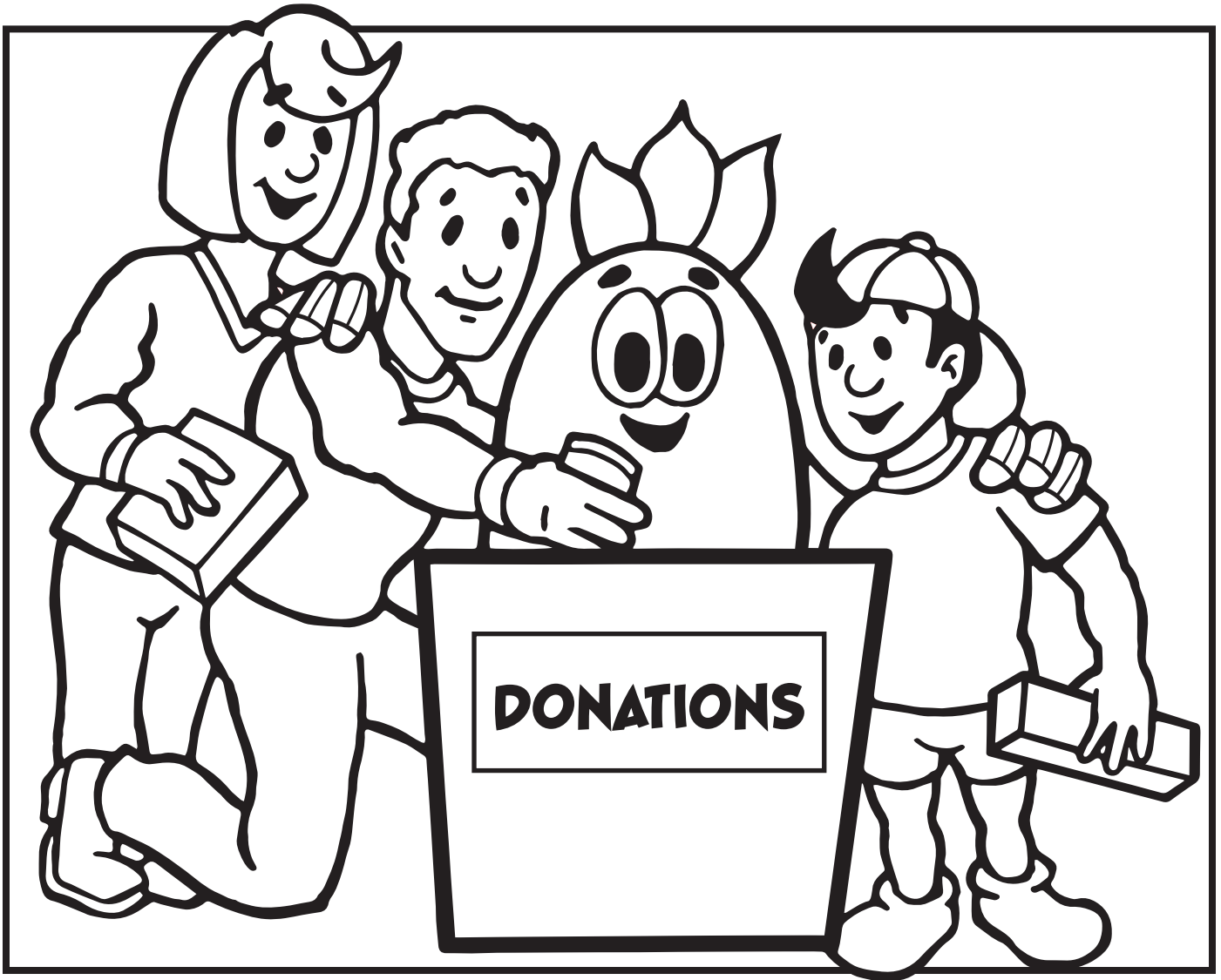
"STORE SMART," said Romy. "When you get home from the store, put new things in the back of the fridge and move older things to the front. That way nothing gets forgotten."



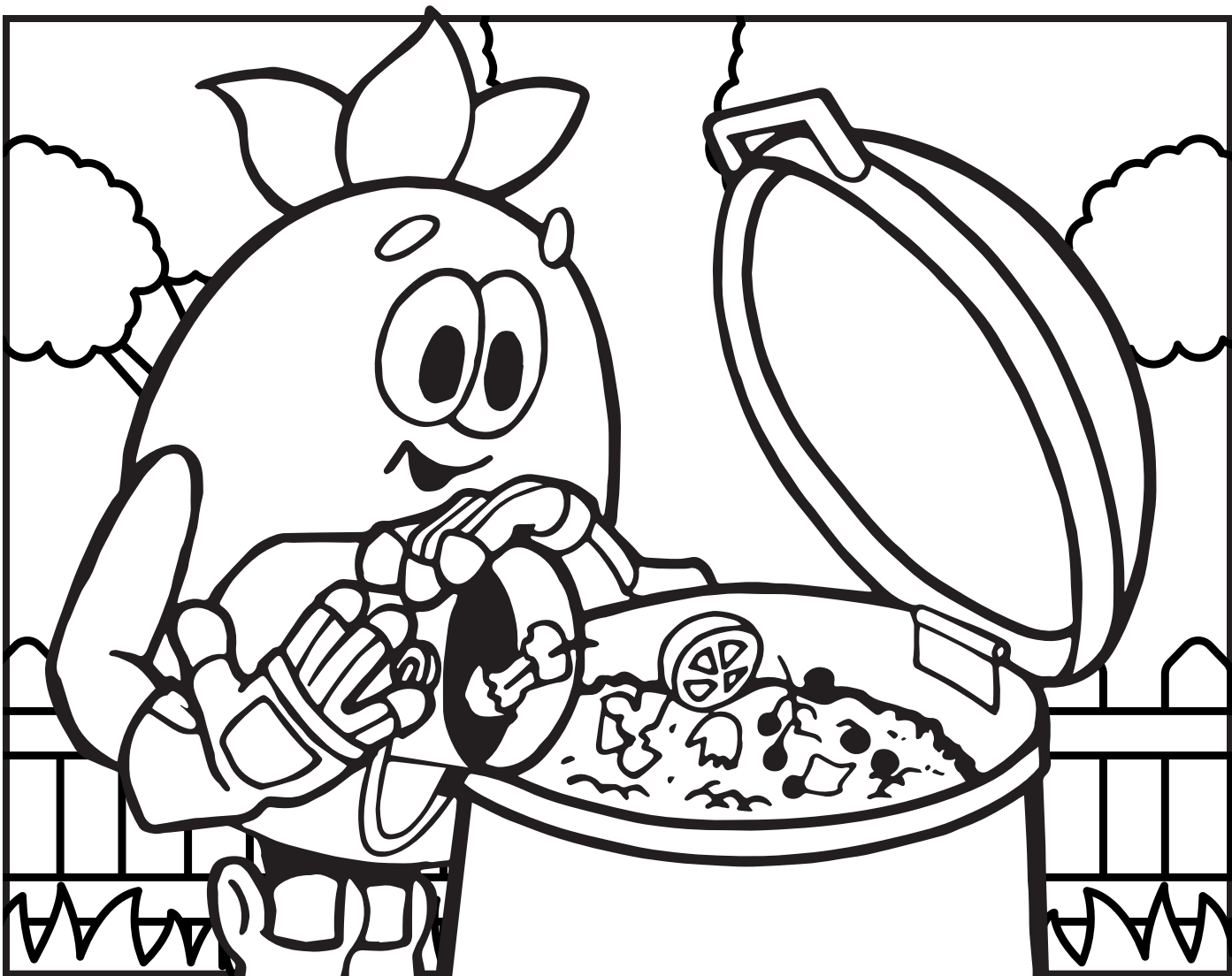
"KEEP FOOD FRESH," said Romy. "Learn how to store food right so it stays fresh longer. Visit [SCDHEC.GOV/DWFSC](https://www.scdhec.gov/dwfsc) for tips."



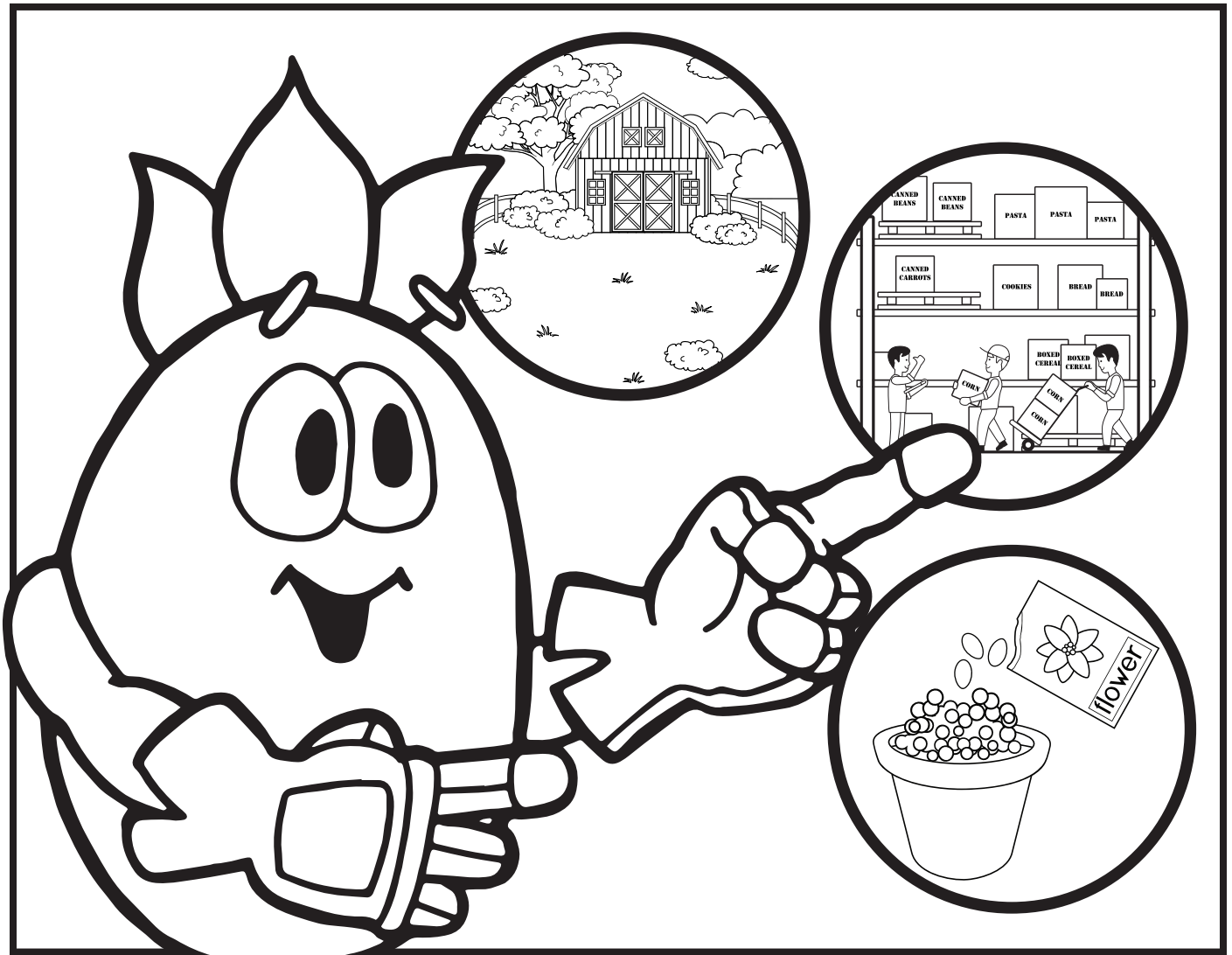
"KNOW ABOUT DATES. Except for baby formula, dates on food are recommendations. Food is safe to eat after those dates if you store it properly. If it looks okay and smells okay, it probably is."



"**DONATE** safe, nutritious food before it spoils! You can offer it to friends, neighbors or Mom's co-workers," said Romy. "When you give to a food bank, always ask for and follow their donation rules."



"COMPOST. No matter what we do, some food will be wasted," said Romy. "Don't throw it away. Compost it in the backyard. It's simple, and when it's done, it helps grow new plants."



"LEARN MORE! Visit a farm to learn about crops and animals. Visit a food bank to learn about food donation. Plant flowers to use your homemade compost."



FOR MORE INFORMATION

Parents, you and your child can learn more about reducing wasted food and recycling using the resources below.

S.C. Department of Health and Environmental Control Office of Solid Waste Reduction and Recycling

Telephone..... **1-800-768-7348**
Website **scdhec.gov/recycle**
Recycling Locations **scdhec.gov/recycleheresc**

Don't Waste Food SC

Website **scdhec.gov/dwfsc**

Take Action SC Environmental Education Partnership

Website **takeactionsc.org**

U.S. EPA's Preventing Wasted Food

at Home Web Page **epa.gov/recycle/preventing-wasted-food-home**

